

Clinical Management of the Wrist & Hand: Half Day Seminars

Wednesday 01 July 2026

Cambridge Belfry Hotel & Spa
Back Ln
Cambourne
Cambridge
CB23 6BW

Schedule

Morning Seminar
08:45 – 12:30

12:30-13:30 Lunch for All Participants

Afternoon Seminar
13:15-17:00

Overview

Join us for a practical half-day seminar focused on clinical assessment and management of common hand and wrist conditions. The session will explore the bio-mechanical principles of prefabricated Orthoses and the role of orthotic intervention in rehabilitation.

Attendees will gain a clearer understanding of when and how to use Allard Orthoses effectively to support recovery, protect healing structures and improve functional outcomes.

Who should attend?

The Seminar is suitable for all HCPC registered therapists and clinicians currently involved in the assessment and treatment of patients with neurological, bio-mechanical and upper limb conditions affecting the hand and wrist.

Cost: £20 Per Person this includes registration, all course materials, lunch and CPD certificate.

Register Via: <https://www.allarduk.co.uk/Professional/education/seminars>



Splinting, using either custom or prefabricated orthoses, is a key component of the upper limb management.

This seminar explores the principles behind splint selection and application to protect healing structures, maintain alignment, prevent deformity and support functional recovery.

Learning outcomes:

- Review the anatomy, and the neurological and bio-mechanical impairments that could benefit from the use of upper limb splints.
- Understand the biomechanical principles of wrist and hand splinting.
- Identify appropriate Allard Orthosis types for common clinical presentations.
- Improve confidence and knowledge in the selection and application of Allard prefabricated orthoses.
- Recognise the role of splinting in rehabilitation and protection of injured structures.
- Develop practical strategies for clinical decision making in upper limb management and the application of splints.



Speaker: Lydia Dean Occupational Therapist

Lydia has over 47 years' experience as an OT, with 37 years' experience in delivering and teaching hand therapy and splinting the hand as well as 29 years' experience in the clinical application of Lycra® garments as an adjunct to therapy intervention.